

“The Freedom of Self-Disclosure”

As a Chaplain, I am in a position to hear about the lives of people and the issues that arise in their lives. Many issues are painful and sources of real struggle as people cope with these unplanned events. Just as often, I see those who confront difficulties created by their own poor decisions and the pain it causes family and friends.

When we struggle with the painful events of life, it is to our benefit that we seek out someone who can provide support and guidance for the decisions we will need to make to address our issues. Getting help for ourselves is therapeutic. When we are able to acknowledge our need and ask for help it makes us aware we are not alone in the problem but someone else is standing along side us. When we bring our need for help out in the open we bring our hidden need into the light. Issues brought into the light have no power to keep us in bondage. That which is hidden has the power to control me, but that which is spoken frees me to be honest.

The poor decision to keep issues hidden often results in pain, not just for self, but also for family and friends. On the outside, we may be able to keep ourselves together. Others may think well of us because we are able to display a life lived well in public. We are able to hide our issues and no one is the wiser. However, though no one else knows, we know the real truth about ourselves. Our hidden issues have a tenacious hold because we are afraid to get help. We are in bondage to what we fear to acknowledge. We are afraid of what others will say or think, but it is our lives that suffer. Sooner or later the issues always come to the surface. We can never hide them for a lifetime. That is when we hurt others. That is when they know we were not all they thought we were.

The only remedy is self-disclosure. When I am able to be honest with myself then I can get the help I need. If you are living under the burden of hidden issues, considering talking with someone who can help. Perhaps it is painful at first, but in the end it holds the promise of a better life for the future.